

RELAXATION

VS

STIMULATION

A sensory room provides a range of sensory experiences to help individuals relax, self-regulate, or engage in stimulating activities. It can be used for therapy, education, or relaxation, depending on the needs of the person using it.

Always observe the child and adjust the room or activities as needed!

RELAXATION

LIGHTING

- Soft
- Dim
- Slowly changing colour
- Minimal lights
- Bubble tubes
- Projector with slow moving images

STIMULATION

LIGHTING

- Bright
- Fast colour changes
- Multiple light sources
- Fibre optics
- Interactive projector

RELAXATION

MOVEMENT

- Rocking
- Linear (back & forward) swinging
- Slow
- Repetitive
- Lying down
- Deep pressure

STIMULATION

MOVEMENT

- Spinning
- Rotational swinging
- Quick
- Start/stop
- Jumping
- Light touch

RELAXATION

MISC

- Lavender and Vanilla Scents
- Quiet white noise, nature sounds
- Weighted blankets
- Massage toys
- Comfy seating
- soft blanket

STIMULATION

MISC

- Citrus and peppermint scents
- Music with a fast beat/rhythm
- Interactive wall panel and toys
- Cause & Effect play
- Multi-sensory play

